



A MATTER OF SUBSTANCE:

SEPTEMBER
2012

A PUBLICATION OF THE IDPH
DIVISION OF BEHAVIORAL HEALTH

DIVISION QUICK FACTS

In the News: We'll use this new feature from time-to-time to share links to articles of potential interest to our readers.

New study connects teen marijuana use to lower IQ - Teens who smoke marijuana see their IQs drop as adults, and deficits persist even after quitting, according to a new study. Go to <http://vitals.nbcnews.com/news/2012/08/27/13509508-teen-pot-use-linked-to-decline-iniq?lite> to learn more.

More infants born addicted to prescription drugs - Teens who smoke marijuana see their IQs drop as adults, and deficits persist even after quitting, according to a new study. For the full story, go to <http://news.discovery.com/human/more-infants-born-addicted-to-prescription-drugs-120827.html#mkcpgn=rssnws1>.

CDC recommends hepatitis C testing for all baby boomers - A Reuters report on this national story is at http://www.msnbc.msn.com/id/48691720/ns/health-infectious_diseases/. For a Des Moines Register Iowa-specific follow-up, go to http://www.desmoinesregister.com/article/20120817/NEWS/308170051/1024/basu/?odyssey=nav%7Chead&nclink_check=1.

Army sees highest suicide rate in July - KCCI-TV in Des Moines followed up on the original CNN story regarding suicides among returning vets. Go to <http://www.kcci.com/news/national/Army-sees-highest-suicide-rate-in-July/-/9357144/16158682/-/1ydkshz/-/index.html?absolute=true> for more information.

There's something (potentially dangerous) about Molly - Go to http://www.cnn.com/2012/08/16/health/molly-mdma-drug/index.html?utm_source=feedburner&utm_campaign=Feed%3A+rss%2F+cn+health+28RSS%3A+Health%29&utm_content=Google+Reader for information on this emerging drug trend.

Synthetic Drug Resources: As the school year begins, and in light of recent reports of the hospitalization of another Iowa high school student related to one of the newer "synthetic drugs", please remember that educational information is available for youth, families, and educators through multiple resources, including:

- the Governor's Office of Drug Control Policy website at http://www.iowa.gov/odcp/drug_information/spice.html
- the Iowa Substance Abuse Information Center, funded by IDPH to provide online information and access to written resources at www.drugfreeinfo.org and a 24/7 toll-free helpline at 1-866-242-4111
- local community-based prevention agencies, identified at http://www.idph.state.ia.us/webmap/default.asp?map=substance_abuse_prevention
- local community coalitions, with more information available at www.ac4c.org

See page 2 of this newsletter for an excerpt from the **Take Five** tips from the Partnership@DrugFreeIowa.org. The full **Take Five** flyer is available at www.drugfreeiowa.org.

UPCOMING EVENTS

Criminal Minds: Working with Criminal and Addictive Thinking
September 14. Sioux City - Peter Waitt Education Center.
Contact Jackson Recovery at 712-234-2300.

Substance Abuse Prevention Specialist Training
October 3-4 and November 7-8. Johnston - Midwest Counterdrug Training Center.
To register, go to www.counterdrugtraining.com.

2012 Mental Health Conference
October 9-10. Ames - Scheman Conference Center.
To register, go to www.trainingresources.org.

2012 Drug Endangered Children Conference
October 23-25. Des Moines - Marriott downtown.
Details at www.nationaldec-conference.org.

2012 Iowa Prevention Conference
November 1. Des Moines - Veterans Memorial.
To register, go to www.trainingresources.org.

Ethics, DSM V: Overview and Diagnosing for Substance Abuse Counselors Mark Smith, ACSW, CADC
November 15. Marshalltown - Regency Best Western
Register by November 1 at www.satu.com.

Training Without Travel Check out the new online training courses available at www.trainingresources.org.

For more information about the Division of Behavioral Health, visit www.idph.state.ia.us/bh

For questions related to "A Matter of Substance," contact the editors:
Kevin Gabbert kevin.gabbert@idph.iowa.gov or Julie Hibben julie.hibben@idph.iowa.gov



5-8 Years Old

- Now is the time to begin explaining what alcohol, tobacco and drugs are.
- Discuss how anything you put in your body that is not food can be harmful.
- Explain the idea of addiction, that drug use can become a bad habit that's hard to stop.
- Praise your children for taking good care of their bodies and avoiding things that might harm them.



9-11 Years Old

- Children this age can handle more sophisticated discussion; use their curiosity about traumatic events (such as car accidents or divorces) to discuss how drugs could cause these events.
- Friends become extremely important at this time, and older children may expose your child to alcohol, tobacco or drugs. Rehearse scenarios in which friends offer drugs.
- "Upsetting my parents" is one of the top reasons preteens give for why they won't use marijuana; give them permission to use you as an excuse, such as, "My mom will kill me if I drink a beer!"



12-14 Years Old

- Adolescence is often a confusing and stressful time as teens try to figure out who they are and how to fit in. Nearly nine out of ten teens agree that "it seems like marijuana is everywhere these days."
- Take advantage of a teen's concerns about social image and appearance to point out immediate, distasteful consequences of tobacco and marijuana use: bad breath, stained teeth, smelly hair and clothes. Point out that drug use is not only dangerous, but can also lead to broken friendships, even prison.
- Also point out long-term consequences, such as brain damage, cancer, and the potential for accidents, coma or death.



15-17 Years Old

- Older teens have already made decisions about whether or not to use drugs. Now is the time to help them continue to resist peer pressure.
- Use specific reasons to reinforce why drugs are bad: addiction, birth defects, car accidents, prison.
- These students are thinking about their futures; remind them that drug use could ruin their chances of college acceptance or embarking on their career choice.